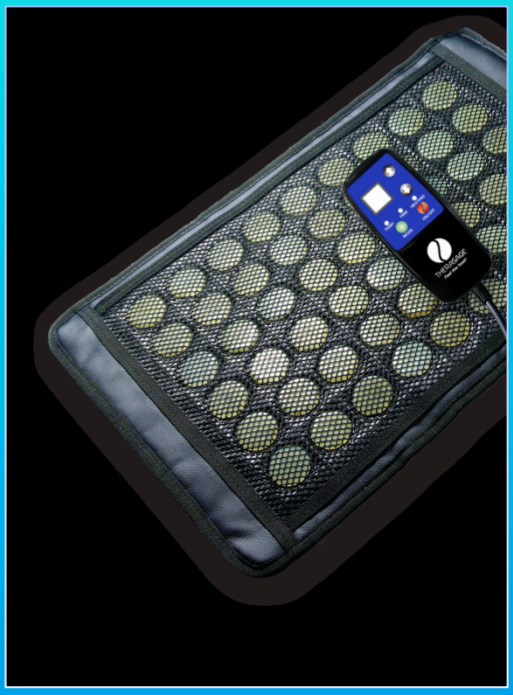
User Guide and Instruction Manual



INSTANT CALMER™

A *Therasage*™ Heating Pad

Introducing "Enriched Air" Therapy
Through Negative Ion Technology

WARNING: READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PAD. THIS PRODUCT IS A MEDICAL DEVICE AND MUST ALWAYS BE USED WITH CARE.

Congratulations on your purchase of our Therasage™ Heating Pad, *Instant Calmer.™*

EVEN HEAT DISTRIBUTION

The natural Jade stones, a Therasage insignia, and their specific placement, are designed to deliver deep, penetrating heat evenly throughout the Pad. In less than five minutes, you can *Feel the Heat™*. Please note: do not use the Pad directly on your bare skin.

Indications for Use:

The Heating Pad is intended to address the temporary relief of minor muscle pain and stiffness, the temporary relief of joint pain associated with arthritis, the temporary relief of muscle spasms, minor sprains, and strains, minor muscular back pain, the relaxation of muscles, and the temporary increase of local circulation.

Easy Start-Up:

Your Heating Pad is powered and enhanced by therapeutic deep, penetrating heat as well as Negative Ion technology to optimize your health and wellness. To get started, simply remove it from its box and packing bag, and you will see that it is ready for immediate use.

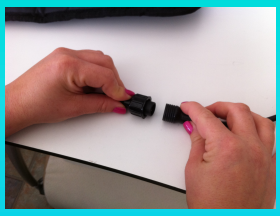
What's In Your Box

Inside your box and packing bag you will find (1) the healing pad (Fig. A); and (2) the controller (Fig. B).

Fig. A

Fig. B

Instructions For Use



1. Permanently connected to the Pad is a cord. To use your Pad, the end of this cord must be inserted into the similar end of the Controller cord. Once connected, ***turn the cap securely***.

2. Insert the power plug into a standard 110v electrical outlet. The Controller will display “5”, indicating the default medium temperature setting.

3. Press the ON/OFF button ( ). The Controller will display “60”, indicating the default time setting, and begin to count down. The green “heating” light will be displayed.

4. When your time is completed, your Pad will automatically turn OFF. The green light will turn off and the Controller will display your selected heat setting. (Please note: the Controller will display the heat setting even though the Pad is OFF.)

TO CHANGE THE HEAT LEVEL

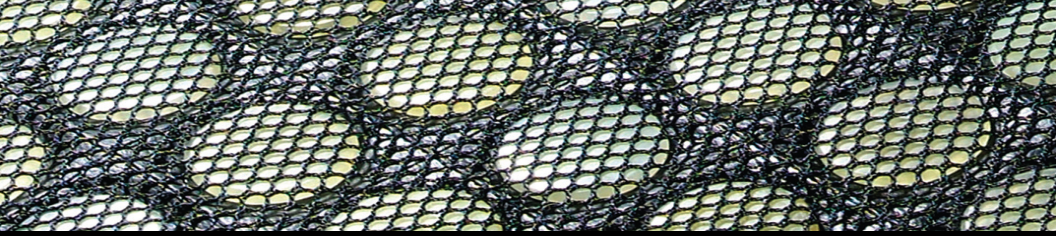
Simply press the up arrow ("↑”) button for more heat and the down arrow ("↓") button for less heat.

TO CHANGE THE TIME FOR YOUR HEAT SESSION

Turn your Pad OFF. Press the MODE button ( )
The green “time” light will turn on. Press the up arrow ("↑”) for more time and the down arrow ("↓") for less time.

Press the ON/OFF button ( ) to start your session. The Controller will display your selected time setting, and begin to count down. The green “heating” light will be displayed.

UNPLUG THE PAD AND PROPERLY STORE WHEN IT IS NOT IN USE



USE, CARE AND SAFETY INSTRUCTIONS

This Pad should be used wherever an increase in therapeutic heat application is desired for personal comfort and whenever recommended by your physician for the relief of pain. Place Pad directly where heat is desired. Do not allow the device to come into direct contact with uncovered skin. Always use clothing or a towel barrier between your skin and the Pad.

TO CLEAN AND STORE

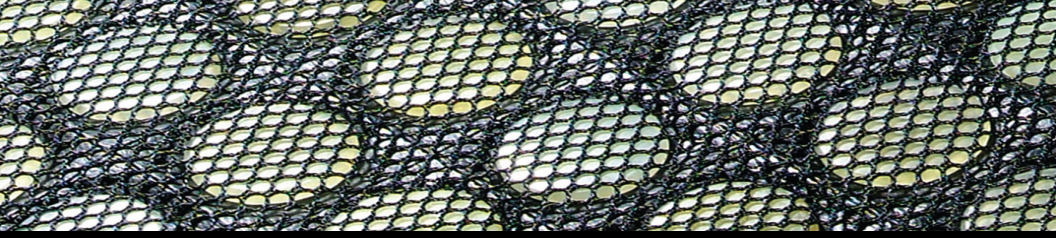
To clean, the Pad may be wiped with a cloth to remove any perspiration or dirt. No solvent or cleaning liquid should be used on the Pad.

Place the Heating Pad flat in its box or in a safe, dry, cool place. Do not fold or crush and avoid contact with sharp edges or pointed objects that might cut or puncture the Pad. Do not hang or handle the Pad by the power cord. Carefully examine the Pad before each use. Do not use if any part of the Pad shows any signs of deterioration such as blistering or cracking; if punctured; if the power cord or cord to the controller is broken, pulled away from the Pad, or frayed; or if there are any exposed wires.

CONTRAINDICATIONS

Users should be aware of situations where the application of heat therapy may not be appropriate without due caution. Such situations include applying heat therapy to those who have a diminished sensation of cold or heat. Contraindicated situations also include over open sores and abrasions. At a minimum, such areas should be cleaned and bandaged so as not to come into any contact with the Pad. Areas subject to infection should not be exposed to heat therapy as well as should areas of insensitive skin, or skin that is swollen or inflamed, on skin eruptions, or where liniment, essential oils, salve or ointment preparations containing heat-producing ingredients have been applied.

If you have any medical condition, you should consult with a health care professional before using this product.



CAUTIONS AND PRECAUTIONS

We offer the following specific safety instructions and precautions to help keep our customers accident-free while fully enjoying the benefits of our product.

• Products involving power sources are manufactured with inherent risks. Like all electrical devices, ***the Pad must be unplugged when not in use***. This product is designed for indoor use only. Products involving power sources should never come in contact with the bathtub, shower, hot-tub, pool, or any water source.

• Using power sources with unrelated products, overloading power cords and strips and using non-standard power sources for Therasage products is not recommended.

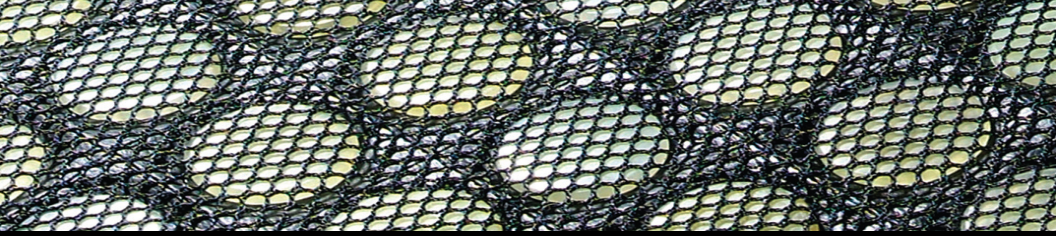
• Healing pads are NOT microwave safe. This product should NOT be used in an oxygen enriched environment or near equipment that emits oxygen such as oxygen concentrators, CPAP machines, or similar breathing devices.

• This product is not meant to be taken apart nor fastened with metal pins to hold in place. This product contains an electrical component, which, if punctured or tampered with, could cause injury.

• To reduce the risk of electric shock, do not expose this device to rain or moisture.

• If smoke is ever detected from this device, immediately remove the power cord from the outlet.

• Do not position this device near sources of heat or electromagnetic radiation such as radiators, heat registers, stoves, television sets, or magnetized objects.



ADDITIONAL CAUTIONS AND PRECAUTIONS (CONTINUED)

•Do Not Remove Jade Stones - While the Jade stones are not overly small, the challenged, infirm, or young could choke or otherwise be injured if the stones are removed and swallowed.

•. **This Pad should not be used on infants, children (up to the age of ten years), unconscious individuals, paralyzed persons, those who are sleeping, those who have a diminished sensation of cold or heat, and those with limited recognition of their surroundings or any medical condition that would limit the user's capacity to safely operate the Pad.**

•Do not use this device while sleeping.

THIS PRODUCT IS A MEDICAL DEVICE AND MUST ALWAYS BE USED WITH CARE. TO REDUCE THE RISKS OF SERIOUS BURNS, ELECTRICAL SHOCK, FIRE AND ACCIDENT, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH ALL INSTRUCTIONS AND PRECAUTIONS.

The U.S. FDA requires us to also state:

"WARNING: USE CAREFULLY. May cause burns. Do not use over sensitive skin areas or in the presence of poor circulation. The unattended use of this device by children or incapacitated persons may be dangerous."

The product meets or exceeds current international standards involving electromagnetic compatibilty ("EMC"). Information concerning EMC and this product may be found on our website, www.Therasage.com.

"ENRICHED AIR" THERAPY THROUGH NEGATIVE ION TECHNOLOGY

Negative Ions are natural energy that promote health and wellness so you feel great! Heating Jade stone also creates Negative Ions, beneficial invisible molecules that can enrich the air around us. These elements are found in abundance at waterfalls, mountains, beaches and after a rainstorm. Numerous scientific studies indicate that once this enriched air reaches our bloodstream, the Negative Ions are believed to produce biochemical reactions that help calm and relieve stress, produce an overall feeling of wellbeing, decrease blood pressure, increase the flow of oxygen to our brain, alleviate depression, boost our daytime energy and increase our defense against infection by boosting our immune system.

Heating Pad Sizes: Small 14" x 20" (36cm x 51cm)
Medium 21" x 30" (53cm x 76cm)
Large 24" x 70" (61cm x 178cm)

Power: 60 watts, 5-6 amps

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Therasage's purpose for being in business is to provide natural, safe, affordable therapeutic home and office healthcare products. We are guided by our commitment to natural health and wellness, our dedication to customer satisfaction, and our desire to make a positive impact on society.

We voluntarily comply with the regulations set forth by federal agencies, most notably by not making claims beyond which we are permitted by law:

The statements contained herein have not been evaluated by the FDA. No medical claims of any kind, directly related to any of our products, are made or implied. Our Therasage products are not intended to diagnose, treat, cure or prevent any disease. The information contained herein is meant to inform and educate. For all medical concerns, please consult your physician or other health care professional.

WE INVITE YOU TO VISIT OUR WEBSITE
www.therasage.com
TO VIEW ALL OF OUR HEALTHY PRODUCTS

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